

Just for today...

How would your life be if just for today, you began to let down your guards and allow love to penetrate your heart?

What would shift in your life if you were to release all judgment of yourself and others and choose acceptance instead?

How would your day unfold if you were to wake up, plant your feet firmly on the ground, and give thanks for this very moment, just the way it is?

What would happen if you were to let go of those little criticisms of yourself and others and begin embracing the individual expressions that make up who we are?

How would your world change if you were to embrace peace rather than protest war - nurture and honor health and wellbeing rather than fight disease - choose to treat yourself with love and honor rather than choosing to fill yourself with toxic things, thoughts, and ideas?

How would your heart feel if you were to honor each and every whisper of Truth that lies within you, just waiting for you to open the door and let your essence come out and shine?

How would your relationships shift if you were to respect yourself as an important, divine expression on this earth?

What would happen if you were to greet every person you come in contact with today with a heartfelt smile, look deeply into their eyes, and offer a silent prayer for love and peace to fill their heart?

How would it feel to open your arms up real wide, smile super big, and say *thank you* to your Creator, knowing that everything is happening in Divine time, in a Divine order?

What may shift for you if you were to take just 10 minutes to be still and listen to your inner knowing?

How would it feel to laugh so loudly and genuinely that your whole body just opened up to joy?

What would happen if you decided that it is time to honor your dreams and take one step, right now, toward living them?

How would your life change if you were to simply *love yourself*, each and every moment?

Breathe...release...let it go...open up...
Love is knocking on your door.
It's time to invite it in.

